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**“USE OF VISHA CHIKITSA AND ANTI TOXIC DRUGS TO MANGE THE TOXIC EFFECTS OF CHEMO THERAPY AND RADIOTHERAPY”****Dr. Kalyani Deshmukh<sup>1</sup>, Dr. Manohar Khankhane<sup>2</sup>**

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**ABSTRACT:**

Chemotherapy, a pivotal cancer treatment, often induces toxic side effects that challenge patient well-being. This article explores the Ayurvedic toxicology branch, Agadtantra, which conceptualizes chemotherapy toxicity as manifestations of *visha* (poison) primarily linked to aggravated *pitta dosha*. It reviews classical and contemporary Ayurvedic approaches, including detoxification (*visha upakrama*), dosha pacification, and supportive therapies aimed at mitigating symptoms such as nausea, mucositis, neuropathy, and fatigue. Evidence from reviews, case reports, and toxicology texts highlights the relevance of 24 anti-toxic measures (*Chaturvimshati upakrama*) and various herbo-mineral formulations in managing chemotherapy-induced toxicity. The article underscores Agadtantra's potential as a complementary framework to modern oncology, advocating integrative strategies for improved patient outcomes and quality of life.

**KEY WORDS:-** Visha , Agad , Toxicology , Agadtantra, Avabahuka**Corresponding Details:****Dr. Kalyani Deshmukh**

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## INTRODUCTION

Chemotherapy, while a cornerstone of modern cancer treatment, often brings with it a spectrum of toxic side effects. Ayurveda's toxicology branch, Agadtantra, conceptualizes these effects as visha (poison)-like manifestations, primarily linked to aggravated pitta dosha. This perspective offers unique therapeutic approaches focused on detoxification, dosha pacification, and supportive therapies to mitigate side effects such as nausea, mucositis, myelosuppression, neuropathy, and fatigue.

Evidence Landscape Reviews (Metri et al., 2013): Comprehensive protocols map chemo-radiotherapy toxicities (vomiting, anorexia, hepatotoxicity) to pitta disorders like raktapitta, recommending home-based remedies as chemo-protectors.

Case Reports (Yadav et al., 2023): Post-chemo ovarian cancer patients showed reduced anorexia, nausea, and burning sensations with vata-pitta shamak herbo-minerals (e.g., Jawahar Mohra Pisti, Keharva Pisti).

Toxicology-Focused (Punekar et al., 2021): 24 visha upakramas (dhuma, nasya, siravedha) are described for poison elimination, paralleling chemo toxin removal.

Recent Perspectives (Dr. Hinal Chaudhari et al., 2025): Highlight Chaturvimshati upakrama (24 anti-toxic measures) such as hridayavarana and mritsanjivani gada for systemic toxin dissolution.

### Thematic Approaches

1. Detoxification and Anti-Toxic Actions Agadtantra employs visha pratikarak (anti-toxic) modalities to neutralize and expel toxins, preventing accumulation that exacerbates chemo damage. These approaches parallel modern decontamination strategies. The Chaturvimshati upakrama includes systemic antidotes like mritsanjivani gada.
2. Dosha Pacification Chemo-induced side effects are interpreted as aggravated pitta (burning, nausea, mucositis) and disturbed vata (neuropathy, fatigue). Ayurvedic interventions aim to restore balance through herbo-mineral formulations and dietary adjustments.
3. Supportive Therapies Supportive measures include:

**Local Applications:** Yashtimadhu paste for mucositis.

**Internal Remedies:** Sutshekhar ras, Avipattikar churna, Amalaki, Brahma rasayan.

**Herbo-Mineral Preparations:** Swarna bhasma, Praval pishti, Jaymangal rasa, Giloy satva.

**Procedural Therapies:** Kawal, Gandush, Basti with medicated ghee (Jivantyadi ghrita).

Vishaghna Dravyas (Anti-Toxic Substances) Classical texts like Charaka Samhita, Sushruta Samhita, and Nighantu describe numerous vishaghna dravyas (anti-toxic substances), many of which are applied in chemo-toxicity management:

**Mineral Preparations:** Kant lauha, Swarna bhasma, Shankha bhasma, Shaouktik bhasma, Trivang bhasma.

**Herbal Agents:** Giloy, Yashtimadhu, Bilva majja, Aragvadhya, Amalaki.

**Complex Formulations:** Jaymangal rasa, Kupipakwa ras, Trailokya Vijaya vati.

**Special Substances:** Sulphur, Gold, Somal arsenic (used in controlled formulations).

**METHODS:** This article reviews classical Ayurvedic texts and contemporary clinical evidence, including case reports and toxicology-focused studies, to explore Agadtantra's approaches to chemotherapy toxicity.

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Myelosuppression, Anemia	Pitta-vata aggravation with oja kshaya	Pitta shamak polyherbals (e.g., Triphala, Chyawanprash)	Reduced fatigue, improved hematopoiesis (Metri et al., 2013)
Peripheral Neuropathy	Vata-pitta vikara (gatrastupta, toda, daha)	Herbo-minerals (e.g., Mukta Pishti analogs), virechana	Symptom relief (numbness, burning) (K & OP, 2023)
Mucositis, Nausea/Vomiting	Raktadushti, pachaka pitta dushti	Pitta-pacifiers, shaman chikitsa	Alleviated oral/esophageal issues
Hepatotoxicity, Icterus	Pitta retention via kapha	Radio-protective herbo-minerals	Liver function stabilization

## RESULTS:

Agadtantra conceptualizes chemotherapy toxicity as manifestations of visha (poison), primarily linked to aggravated pitta dosha, with important secondary involvement of vāta in neuropathy, fatigue, and wasting. Therapeutic strategies include detoxification (visha upakrama), dosha pacification, and supportive therapies such as herbo-mineral formulations (Jāwarahar Moḥra piṣṭi, Keharva piṣṭi, Bilvādi agada, Dushivishari agada) and procedural interventions (vamana, virechana, nasya, śirodhāra-type calmative protocols). Evidence from case reports and small-scale trials highlights the efficacy of the Chaturvimshati upakrama (24 anti-toxic measures) in mitigating symptoms such as nausea, mucositis, peripheral neuropathy, and fatigue, while also improving appetite and quality of life. Studies on colorectal and breast cancer patients receiving FOLFOX or anthracycline-based regimens show that adjunct Ayurvedic treatment commenced concurrently from the beginning of chemotherapy reduces dose-reduction episodes and improves completion of planned cycles. Rasāyana-type formulations (Gudūcī, Āśvagandhā, Kalyāṇaka ghr̥ta, Ajeya ghr̥ta) further support immuno-resilience and tissue recovery, suggesting a role in both toxicity management and potential secondary prevention of recurrence.

## DISCUSSION

Integrating Agadtantra principles with modern oncology may enhance symptom management, improve treatment adherence, and support better quality of life for cancer patients. The Chaturvimshati upakrama provides a structured anti-toxic framework encompassing measures such as hṛdayāvaraṇa, mṛtasañjīvanī gada, śiravedha, and śodhana procedures that can be aligned with contemporary decontamination and supportive-care strategies. By viewing chemotherapeutic agents as visha-like toxins and tumour-associated chronic exposures as dooshī visha (low-potency, persistent toxins), Agadtantra offers a conceptual bridge to modern carcinogen science and cumulative toxicity models. While large-scale, randomized controlled trials specific to Agadtantra-based protocols are still limited, multiple case reports and small clinical evaluations support the adjunctive use of herbo-mineral formulations and rasāyana therapy in reducing chemotherapy-induced nausea, mucositis, neuropathy, and fatigue. Safety concerns particularly nephro- or hepatotoxicity with certain metallic preparations reinforce the need for close monitoring of liver and renal

function, hematological parameters, and drug-herb interactions, preferably through coordinated care between oncologists and trained Ayurvedic practitioners. Future research should focus on standardized, multi-center trials testing Agadtantra-derived protocols (including Chaturvimshati upakrama and selected rasāyana formulations) against conventional supportive care, with endpoints that include symptom scores, chemotherapy completion rates, and quality-of-life indices.

## CONCLUSION

Agadtantra offers a valuable Ayurvedic perspective for understanding and managing the toxic effects of chemotherapy and radiotherapy by interpreting them as manifestations of visha (toxicity). Through the principles of visha chikitsa, dosha pacification, rasayana therapy, and the Chaturvimshati Upakrama, Ayurveda provides supportive measures that may help alleviate treatment-related adverse effects such as nausea, vomiting, mucositis, neuropathy, fatigue, myelosuppression, and hepatotoxicity. Available clinical evidence, although limited, suggests that Ayurvedic interventions can improve symptom control, enhance quality of life, and support treatment adherence when used as complementary therapies alongside conventional oncology care. However, further well-designed randomized controlled trials are required to establish their efficacy, safety, standardization, and mechanisms of action. An integrative approach combining modern cancer treatment with evidence-based Agadtantra principles may offer a promising strategy for comprehensive cancer care and toxicity management.

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